

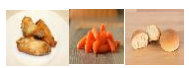
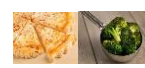


What's on the Menu?

aces
area cooperative educational services

Whitney Academy/North April Lunch Menu

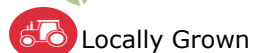
Staff Price \$5.45

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Nuggets ½ Cup Steamed Broccoli 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun 	Pepperoni Pizza 1 Cup Garden Salad  Gluten free dough 	
Week 3: 1) Hot Lunch 2) Turkey and Cheese Sandwich includes 1 cup of fruit or 1 cup of vegetable				
Macaroni and Cheese ½ Cup Savory Steamed Green Beans 1 Whole Grain Dinner Roll  Gluten free pasta 	Beef Nachos Shredded Romaine Fresh Diced Tomatoes Salsa and Sour Cream ½ Cup Refried Beans  Gluten free Grilled Cheese 	Mashed Potato and Chicken Bowl with Shredded Cheddar and Chicken Gravy 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun 	Pepperoni Pizza ½ Cup Steamed Baby Carrots  Gluten free dough 	Classic Cheeseburger ½ Cup Tatar Tots  Gluten free bun 
Week 4: 1) Hot Lunch 2) Chicken Caesar Salad with Two Warm Dinner Rolls includes 1 cup of fruit or 1 cup of vegetable				
Chicken Parmesan Sandwich ½ Cup Steamed Green Beans  Gluten free bun and unbreaded chicken 	Cheese Quesadilla Salsa and Sour Cream ½ Cup Golden Steamed Corn  Gluten free Grilled Cheese 	4 Glazed Chicken Wings ½ Cup of Baby Carrots 2 Whole Grain Dinner Roll  Gluten free bun 	Classic Cheese Pizza ½ Cup of Steamed Broccoli  Gluten free dough 	The Perfect Sloppy Joe ½ Cup Herb Roasted Potatoes  Gluten free bun 
Week 4: 1) Hot Lunch 2) Chicken Ranch Wrap includes 1 cup of fruit or 1 cup of vegetable				
Whole Grain Baked Ziti One Whole Grain Dinner Roll ½ Cup Savory Green Beans  Gluten free Pasta 	Beef Tacos Shredded Lettuce Fresh Diced Tomatoes Shredded Cheddar Salsa and Sour Cream ½ Cup Golden Steamed Corn  Corn Tortilla Chips 	Whole Grain Crispy Chicken Tenders ½ Cup Steamed Baby Carrots 1 Whole Grain Dinner Roll  Unbreaded chicken and gluten free bun 	Pepperoni Pizza 1 cup Caesar Salad  Gluten free dough 	
Week 5: Pepperoni Pizza includes 1 cup of fruit and 1 cup of vegetables				
Fresh Fruit and Vegetable Bar (Available Daily)				
Fresh Sliced Cucumber Fresh Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit	Fresh Pepper Strips Fresh Grape Tomatoes Fresh Whole Fruit Assorted Chilled Fruit	Fresh Caesar Salad German Potato Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Broccoli Fresh Garbanzo Beans Fresh Whole Fruit Assorted Chilled Fruit	Green Peas Fresh Celery Sticks Fresh Whole Fruit Assorted Chilled Fruit



THE 5 MEAL COMPONENTS FOR A SCHOOL LUNCH ARE MEAT/MEAT ALTERNATE, GRAIN, 1 CUP FRUIT, 1 CUP VEGETABLE AND MILK CHOICES THAT INCLUDE 1% WHITE, FAT FREE WHITE AND FAT FREE CHOCOLATE.

CHOOSE AT ATLEAST 3 INCLUDING : 1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS. FOR BEST NUTRITION: CHOOSE ALL 5!!!



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your menu!

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